

中国名菜经典

CLASSICS OF CHINESE CUISINE

粤菜卷



中国旅游出版社



粤 菜 卷

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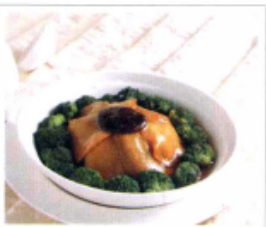
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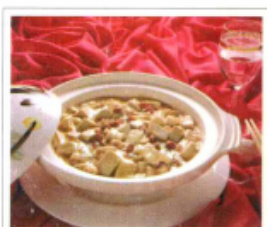


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GUANG DONG STYLE



主 编：陈恒起 田秋明
摄 影：陈 涛 刁孟奇



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装帧设计:肖辉

主 编:陈恒起、田秋明

编委及菜肴制作:方建华 陈退 宋玉蓉

摄影:陈涛 刁孟奇

翻 译:王冬梅

英文编辑:王天文 刘跃

Editor: Pan Xiao Zhu

Designer: Xiao Hui

Author: Chen Heng Qi Tian Qiu Ming

Dishes prepared by: Fang Jian Hua Chen Xian Zhu Yu Rong

Photographer: Chen Tao Diao Meng Qi

Translator: Wang Dong Mei

English Editor: Wang Tian Wen Liu Yue

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前言

我国历史悠久,幅员辽阔,千百年来由于人们所处的自然条件,生活习惯,宗教信仰,文化发展的状况不同,造成了人们在饮食烹调和菜肴制做上的差异,形成了独具地方特色的风味菜。广东菜是我国形成最早,也是最有影响的地方风味菜之一。

广东菜简称粤菜,由广州菜、潮州菜和东江菜三大流派组成而以广州菜为代表。

广东地处我国大陆南端,地跨亚热带和热带,北回归线横贯广东省的中部,气候温和,夏长冬短,四季常青,植物茂盛,动物资源丰富。广东北依五岭,南靠南海,陆地内多丘陵山地,沿海一带有狭小平原,山地盛产“山珍野味”,平原水网交织,土地肥沃,盛产稻谷、水果、甘蔗和鱼虾,素有“鱼米之乡”之美誉。广东海岸线长,且曲折多弯,岛屿众多,天然港湾鱼场星罗棋布,水产资源甚丰。良好的气候和自然条件,使这里形成了一个资源的聚宝盆,可供人们食用的动植物甚多,这就为广

东菜的发展提供了得天独厚的物质基础和条件。书云:粤人深广及溪峒人,不问鸟兽虫蛇,无不食之,其间异味有好有丑,山有鳖名蜚,竹有鼠名鼬,鸽鹑之足,猎而煮之,鲟鱼之唇,活而脍之,谓之鱼魂,此其珍者也,至于遇蛇必捕,不问长短,遇鼠必执,不问大小,蝙蝠之可恶,蛤蚧之不长,蜉蝣之微生,悉取而燎食之。蜂房之姜,麻虫之秽,悉炒而食之。蜉蝣之卵,天虾之翼,悉鲜而食之。可见粤人杂食兴盛,具有生食之习惯。

公元前 221 年,秦始皇统一天下,结束了诸侯争雄割据的局面。公元前 214 年秦朝统一岭南,谪有罪者 55 万汉人南迁,与岭南土人杂处,使粤人同汉人开始融合。中原的烹调方法随之影响以杂食之风甚盛的广东等地。并同本地的饮食习俗,烹调技术相结合,转变成成为广东地区特有的菜肴——南烹,初步形成了粤菜的雏形。

三国至南北朝时期的三百余年中,中国内陆处于南北分裂,战乱频繁,而

岭南广东一带却较为安定。汉人大量南迁，广东的饮食文化再一次受到中原的冲击，使之烹饪技艺不断提高，经唐至五代十国，中原仍战乱不断，而广东却一直政局稳定，中原文士多避南下。粤菜又一次受到中原文化的巨大影响，粤菜此时的烹调技法，已具备炒、炸、煮、炙、脍、蒸、氍、焗等十余种。所用调料也有酱、醋、酒、糟、姜、葱、椒等味料。菜肴品种多样，各得其妙。至宋代，广东地区的名肴美馔明显增多，有的由内地传入，有的则为本地创新。如馄饨、云吞面、东坡肉、东坡羹、蛇羹、罗汉斋等，这些菜肴有些至今仍是脍炙人口的名菜，一直影响着中外美食家和大批食客。此间粤菜的烹饪技艺比唐代刀工更加精细，制做更加巧妙，用料更加考究，粤菜日臻完美。

明清时代，广东地区由于所处的地理位置和官府的治国大略，使之成为对内、对外贸易十分发达的地区，并出现了一批很有活力的城市，欧美等各国传教士和商贾富豪，频繁来往，使西方的饮食习俗和文化也相继传入。仅广州街头，当时就出现了“万商云集、食肆兴隆”的局面。粤菜出现了又一次新的飞跃和发展。当时广州市较大的餐馆就有二、三百家，在激烈的竞争中，各店都用尽心思，招聘名厨，创制名菜，形成了众多繁荣兴旺的饮食市场，促进了粤菜的兴旺发达。“食在广州”也正是这个时期，饮誉海内外，遐迩咸知。当时较有代表性的名店名菜有：“贵联州的满汉全

席、香糟鲈鱼球；聚丰园的醉虾、醉蟹；南阳堂的什锦冷拼盘、一品锅；品荣升的芝麻鸡；玉波楼的年斋炸锅巴；福来居的酥鲮鱼；万栈的挂炉鸭；文园的江南百花鸡；南园的鼎湖上素；大三元的红烧大群翅；蛇王满的龙虎烩；六国的太爷鸡；榆园的玻璃虾仁；旺记的烧乳猪；新远来的鱼云羹；金陵的片皮鸭；冠珍的清汤鱼肚；陶陶居的炒蟹；陆羽居的化皮乳猪、白云猪手；太平馆的西汁乳鸽……”等。

名师有：刘叔、区标、余大苏、李应；崔吕、关李、黄配坤、庞溢、区焰、梁贤、梁瑞、殷耀、祸东凌……等。

随着时间的推移，粤菜菜系中的广州菜、潮州菜、东江菜相互交流，相互借鉴，相互促进，共同提高，为创立举世闻名的粤菜菜系做出了贡献。建国以后，粤菜得到了长足的进步和发展。特别是改革开放近二十年来，由于我国的改革开放政策，我国同世界各国间的国际交往更加频繁，港、澳、台地区和东南亚国家来大陆探亲、访友、观光、游览的人士日益增多；沿海城市的开放，百姓外出旅游、移民，这些都加速了粤菜同其他菜系的交流、竞争，促进了粤菜的发展和革新。改革给人们带来了实惠，人们的消费水平，口味进一步提高，需求的饮食文化和追求的口味也不断更新变化。其他菜系的改良，也促进了粤菜的不断变化，老一代烹调大师同新一代烹调技师的交流，联袂献艺，也促进了粤菜的发展和品种的更新。新的一些有

代表性的名家名菜相继出现,如:广州酒家的一品天香、满汉全席精选;泮溪酒家的龙凤大拼盘;东方宾馆的炸牛奶;人人菜馆的麻皮乳猪;北园酒家的满坛香;南园酒家的香油凤尾鸡;蛇餐馆的烩蛇羹等。一些老店也进行翻修改造,面貌焕然一新。如:大三元酒家、陶陶居、南园、北园等酒家。

50年代以后的名师有黄瑞、梁应*、许衡、黎和、孔泉、刘邦、麦炳、陈明、龚腾、邓苏、谭镇、黄森、崔强、罗坤、陈勋、陆贞、谭力、谭明等。

纵观粤菜的发展历史,粤菜具有以下明显的特点:

一、取料广博、奇异,善长野味

由于广东地区所处的地理环境、自然条件及历史原因,使“天下所有食货,粤东几尽有之,粤东所有之食货,天下未必尽有也”。丰富鲜嫩的菜蔬,新鲜的鱼虾,家禽野畜,山珍野味,粤菜无不用之。许多对鸟、鼠、蛇、虫皆闻食而色变的,粤菜则为上品,“不问鸟兽蛇虫,无不食之”,“飞潜动植皆可口,蛇虫鼠鳖任烹调”。粤菜用料广博而杂,并能使腥臊异味之物变得香嫩可口,人见人食,人食人喜。

二、博采众长,自成一派

粤菜是在远古越族文化习俗和饮

食习惯的基础上,不断借鉴,吸取,改良北方汉族及其他民族和西方饮食文化、烹调技艺的基础上,融合贯通,博采众长,形成和发展,并自成一派的。许多粤菜至今仍留下南北结合,中西合璧的烙印。如粤菜中的泡、扒、焗、川是从北菜的爆、扒、焗、余移植而来的。焗、煎、炸中的一些技法,则是借鉴西餐菜肴的烹调技法。取“南、北、东、西”之长,集菜肴、点心、小食于一身,多方采集国内外的食物原料、调味料及烹调技艺,并同当地菜的习惯用料、技法、调味相结合,使粤菜日臻完美和发展。

三、技法多样,善变求新

粤菜的技艺精良,烹调方法善于变化求新,故粤菜品种繁多。各地方菜系的常用技法,粤菜均用之;各地方菜系不用或少用的技法,粤菜也常用之,如焗、焮、软炒、软炸等,且用法之巧妙、效果之良好,令众多食客赞不绝口。粤菜常用的技法有数十种,并擅长炒、泡、清蒸,尤以焗、焮、烩、煎、软炒为特。故粤菜品种繁多,令食客眼花缭乱,垂涎三尺。

四、清淡爽口,口味清鲜

风味是一个菜系的核心。清淡爽口,则是粤菜的一大特色。粤菜追求在清淡中求鲜美,注重菜质,讲究“清、

鲜、嫩、爽、滑、香”，并随时令节气的变化而变化。冬春浓郁，秋夏清淡。菜肴的质味要求要有“香、脆、肥、浓”，“酸、甜、苦、辣、咸、鲜”之处，并不断随原料和调料变化而变化。味型结构清而不淡，鲜而不俗，嫩而不生，油而不腻，深受各地各方人士的喜爱。

近年来“新派”粤菜的崛起，体现了人们对粤菜口味的需求。那是在传统粤菜的基础上，发扬粤菜用料广杂，选料精细，技艺精良，求精、求鲜，变化多样的传统特色，并广泛的运用当今国内各大菜系及西餐的食品原料、调味料及烹调技艺方法，创制而成的粤式菜肴。这种变化和革新无疑适应了人们

对粤菜的要求，将粤菜推向了一个更高的层次，促进粤菜新的进步和发展。

本书从众多的粤菜中挑选了六大类 70 多种具有代表性的经典菜目，详细介绍了用料、制法、特点和掌握火候的关键，并配有彩色照片，图文并茂，必能在一定程度上反映出粤菜的真实面貌。本书配有英文译文，具有一定的实用和收藏价值。

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A Brief Introduction

China has a long history and a luxuriant landscape. For thousands of years, many styles of culinary arts with their own flavors have been developed due to different custom, religious beliefs, and cultures. Guangdong cuisine is one of the oldest and most famous cuisine in China.

Guangdong cuisine

Also known as Yue Cai. It is made up of Chaozhou, Dongjiang and Guangzhou cuisine.

Guangdong Province is located in southernmost part of mainland China, in the sub-tropical and tropical zones. The Tropic of Cancer runs through the heart of the province. It has a mild climate with long summers and short winter. It remains green throughout the year with luxuriant vegetation and many species of animals. Guangdong enjoys advantageous geographical location: the Five Ridges in

the north and the South China Sea in the south, offering a great variety of table delicacies from land and sea. The plain area crisscrossed by rivers and lakes in Guangdong Province is fertile. The rich natural resources offers a wide choice for cooking. According to a historical record, all living creatures can be found on the table of the Cantonese, such as birds, snake, turtle, insects, mouse, dove, stork, sturgeon, bat gecko, mayfly, etc.

In the year 221 B. C. Emperor Qin Shihuang, the First Emperor of the Qin Dynasty (221 - 207 B. C.), united China. In the year 214 B. C., the Qin ruler brought the southern regions of the Five Ridges (Guangdong Province and the Guangxi Zhuang Autonomous Region today) under his control. Five hundred and fifty thousand Han southern moved southward and settled down in the people regions of the

Five Ridges. The cooking method of the Han people greatly influenced the local inhabitants. A new school, known as the South Cuisine, combining both the local habitants and the Hans, was thus formed. It was in the start of the Guangdong cuisine.

During the period of the Three Kingdoms (220 - 280), the Southern and Northern Dynasties (420 - 550), China saw a solit in the north and south wars broke out frequently. However, the southern regions of the Five Ridges were comparatively stable. The southward move of the Han people has brought grassland influence to Guangdong cuisine.

Although wars continued on the central plain in China during the Tang (618 - 907) and the Five Dynasties (907 - 960), Guangdong Province remained stable. To escape from wars, many intellectuals moved to the south, bringing another great influence to Guangdong cuisine. There were a dozen cooking methods, including stir-frying, deep-frying, stewing, simmering, roasting, and steaming, and a wide choice for ingredients, such as soy sauce, vinegar, cooking wine, grain sauce, ginger, green onion, fragrant-flowered garlic, pepper, and cassia. The wide selection of ingredients and

different cooking methods offered tremendous delicacies in Guangdong cuisine.

In the Song Dynasty (960 - 1279), Guangdong dishes increased dramatically, some of which were introduced from elsewhere. Many dishes are still popular today, such as dumplings, Yuntun mooodles, Dongpo pork elbow, Dongpo chowder, and snake chowder. Moreover, Guangdong cuisine was much more improved in terms of cutting method, cooking, and selection of ingredients, compared to that of the Tang Dynasty.

In the Ming and Qing dynasties (1368 - 1911), Guangdong became an even more important domestic and international trade center. It attracted missionaries and businessmen from Europe and America, who helped introduce the Western culinary costumes and culture. Guangdong cuisine witnessed another rapid development. In the city of Guangzhou, there were some 300 big restaurants. In the face of fierce competition, all restaurants tried their best to invite famous chefs to prepare the most popular dishes, hence quickening up the development of food and beverage market in Guangdong. Guangzhou, the heart of Guangdong, has since then become famous for food throughout the world. The most popular dishes at the

time include Man Han Quan Xi, or the Qing and Han Royal Feast, and the Fried Perch Balls prepared by the Guilianzhou Restaurant; the Shrimps and Crabs Marinated in Wine by the Jufengyuan Restaurant; the Assorted Cold Dish by the Nanyangtang Restaurant; the Chicken with Sesame by the Pinrongsheng Restaurant; the Banzhai Deepfried Rice Crusts by the Yubo Restaurant; the Crispy Cuttlefish by the Fulai Restaurant; the Roast Duck by the Wanzhan Restaurant; the Jiangnan Hundred-flower Chicken by the Wen Yuan Restaurant; the Stewed Abalone with Brown Sauce by the Nanyuan Restaurant; the Stewed Wings with Brown Sauce by the Dasanyuan Restaurant; the Stewed Snake and Cat by the King Snake Restaurant; the Taiye Chicken by the Liuguo (Six Kingdoms) Restaurant; the Shrimp Meat by the Yuyuan Restaurant; the Roast Suckling Pig by the Wang's Restaurant; the Fish Chowder by the Xinyunlai Restaurant; the Sliced Duck by the Jinling Restaurant; the Fish Maw in Consommé by the Guanzhen Restaurant; the Fried Crab by the Taotao Restaurant; the Suckling Pig and the Sweet and Sour Pettitoes by the Luyu Restaurant; and the Stewed Young Pigeon by the Peace Restaurant.

The famous chefs at the time in Guangdong were Liu Shu, Qu Biao, She Dasu,

and Li Ying. The famous chefs in modern Guangdong are Cui Lu, Guan Luan, Huang Peikun, Pang Yi, Qu Yan, Liang Xian, Liang Rui, Yin Yao, and Ta Dongling.

Components of Guangdong Cuisine

Also known as the Cantonese dishes, Guangdong cuisine includes dishes from Guangzhou, Chaozhou and Dongjiang, particularly Guangzhou.

Guangzhou dishes were first developed in the Zhujiang (Pearl) River delta, Zhaoqing, Shaoguan, and Zhanjiang. In ancient times, the Nanyue people, who were omnivorous and ate uncooked food, inhabited this region. In feudal China, influenced by the culinary culture of the residents on the Central Plain, the Nanyue people learned to cook and made great progress in selecting ingredients. A cooking style featuring distinctive local characteristics was gradually formed.

Guangzhou cuisine dishes fine selection and great variety of ingredients, and various cooking methods. It emphasizes on the degree of fire, freshness and tenderness, and retaining the original taste of the ingredients. Many living creatures, such as snake, mouse, cat, sandworm,

and monkey, are cooked immediately after killing. The common cooking methods include stewing, steaming, boiling, stir-frying, deep-frying, grilling, decocting, quickboiling, and braising.

Guangzhou dishes have a great variety. At the '56 Guangzhou Food Fair, 5, 447 kinds of Guangzhou dishes were exhibited.

The origin of Chaozhou dishes is Chaozhou, Shantou, Raoping, and Huilai. The Minyue people inhabited this region. The lifestyle of the Minyue people was different from that of the Nanyue people. The culinary culture of the Minyue people was somehow influenced by that of the Nanyue people and the Han people on the Central Plain, but still had its own characteristics, which was renowned as Chaozhou dishes featuring a strong local flavor. Freshwater and marine fish, as well as vegetables make some of the best Chaozhou dishes. Chaozhou cuisine emphasizes on cutting methods, shapes, light flavor, and retaining the original taste of ingredients. The most representative Chaozhou dishes are the Roast Wild Goose, the Lobster with Romaine Lettuce, and the Chicken in Bean Sauce.

Also known as the Hakkas dishes, Dongjiang dishes were first popular in the mountainous areas of eastern Guangdong. In feudal China, the southerners and the residents on the Central Plain moved southward, whom the locals called the Hakkas. For a long period of time, the Hakkas retained their eating habits while absorbing the advantages of local flavors. The combination of the two formed a new cookery style, named the Hakkas dishes. Livestock is the main ingredients for the Hakka cookery. It is large in amount, simple in shape, and short, rotten and salty with a strong flavor. The most common cooking methods include stewing, boiling, baking, and fermenting. Dongjiang dishes are famous for various delicacies in casserole.

Guangzhou dishes, Chaozhou dishes and Dongjiang dishes have been created respectively by learning from each other and made remarkable contributions to the development of the world-famous Guangdong cuisine. Since the founding of the People's Republic, Guangdong cuisine is charging dramatically ahead. Since the implementation of economic reform and opening-up policies, China has closer contact with the rest of the world. This has attracted more friends and compatriots from Hong Kong, Macao, and

Taiwan, as well as from Southeast Asian countries, who come to visit relatives and friends, or travel in mainland China. More people living along the coastal cities also visit or live abroad. All these have speeded up the exchange and enhanced the competition of Guangdong cuisine with the others. The implementation of reform and opening-up policies has also raised the living standard of the Chinese people, who have upgraded their tastes. The progress made by other cookery schools, and the integration of the old and the young generations of chefs have also promoted the development of Guangdong cuisine. New famous restaurants and dishes have come into being, including the Yipintianxiang and the Selections of the Qing and Han Royal Feast prepared by the Guangzhou Restaurant; the Fried Milk by the restaurant of the Dongfang (Orient) Hotel; the Crispy Suckling Pig by the Renren (Everybody) Restaurant; the Mantanxiang by the Beiyuan Restaurant; the Chicken with Sesame Oil by the Nanyuan Restaurant; the Braised Young Pigeon with Soy Sauce by the Peace Restaurant; and the Snake Soup by the Snake Restaurant. Some of the time-honored restaurants, such as Dasanyuan, Taotao, Nanyuan, and Beiyuan, come with a new image after renovation. The famous chefs in Guangdong are Huang Rui,

Liang Ying, Xu Heng, Li He, Kong Quan, Liu Bang, Mai Bing, Chen Ming, Gong Teng, Deng Su, Tan Zhen, Huang Sen, Cui Qiang, Luo Kun, Chen Xun, Lu Zhen, Tan Li, and Tan Ming.

Characteristics of Guangdong Cuisine

Guangdong cuisine has the following characteristics.

1. Great variety of ingredients, particularly venison

Guangdong's geographical location and natural environment offer a wide choice of ingredients for cooking, ranging from fresh vegetables, fish and shrimps, poultry and venison to some very unusual, such as birds, mouse, snake, and insects, which can all be made into delicious dishes.

2. Combining the best of the north and the south

Guangdong cuisine has its foundation in the traditional culture and eating habit in ancient Guangdong, while absorbing the essence of the Han people, the other minority peoples, and the Westerners. After years of development, a special style combining the north and the south, the traditional Chinese and the modern Western has evolved. Many of its cooking

methods for dishes, pastry, and snacks were introduced from other schools, such as Sichuan cuisine and Western cuisine. Guangdong food is well accepted at home and abroad because it uses a wide variety of ingredients, condiments, and cooking techniques.

3. Lightness, tenderness and freshness

Flavor is the essence of these dishes. Guangdong dishes taste light, tender and fresh. It emphasizes the quality of dishes, which are light, fresh, tender, refreshing, delicious, smooth and fragrant. Taste varies with the seasons. Summer and autumn dishes have a light flavor, while spring and winter dishes a strong flavor. All dishes are fragrant, crisp, fatty/greasy, rich and highly seasoned, and taste is salty, fresh, sour, sweet, bitter, and hot. Each dish tastes different due to the different ingredients and condiments. Diners can choose their favorite according to their own taste.

4. Seeking for improvement

The cooking techniques of Guangdong dishes are constantly improving. Methods of other schools can be found in Guangdong dishes. Chefs of Guangdong cuisine usually use the cooking methods, such as baking, soft stir-frying, and soft deep-frying, which are seldom used by others.

Guangdong dishes can be cooked in more than ten methods, including stir-frying, soaking, steaming, baking, braising, frying, and soft stir-frying. This is why there is such great variety in Guangdong dishes.

Snacks

The majority of snacks in Guangdong Province are traditional. According to Guangdong written by Qu Dajun in the late Ming and early Qing dynasties, there were several kinds of pastries in Guandzhou, most of which have been handed down and are now famous snacks. Today in Guangzhou, snacks and pastries are different. The snacks include foodstuffs simply made of rice and flour sold in small shops; while pastries include dim sum for breakfast in teahouses and restaurants. These pastries are exquisitely made and cooked by steaming, frying, boiling, or deep-frying. There is a great variety of pastries.

Snacks and pastries can be divided into the following:

1. Oil-fried snack. Mainly made of rice, wheat and coarse cereals, oilfried snacks are either light salty, such as youtian(deep-fried dough sticks), or sweet, such as shawong and niulisu(crisp cakes), or salty and sweet, such as jian

bing(thin pancake made of millet flour, etc.)

2. Cakes. Mainly made of rice and wheat, cakes, either fermented or unfermented, are steamed, including sponge cake, cotton cake, lunjiao cake, horse-hoof cake, glutinous-rice cake, radish cake, and taro cake. Different cakes are available in different seasons. For instance, lunjiao cake can only be eaten in summer; while radish cake in winter.

3. Staple and fast food. Using rice and wheat as the main ingredients, most of the staple and fast food are boiled. They include rice flour, shahe rice flour, rice roll, noodles, yuntun noodles, and dumplings. They are available all year round.

4. Porridge. Porridge has a great variety. At the '56 Guangzhou Food Fair, 84 kinds of porridges were exhibited, which were named after the ingredients used. For example, the White Porridge is made of rice; the porridge with beef is named as the Beef Porridge; and the one with red beans is named the Red-Bean Porridge. Porridge named jidi contains pork balls, pig liver slices and pork rice rolls. Some porridge made with medicinal herbs is effective for curing certain diseases.

The porridge with meat tastes salty, and is called flavored porridge. The rice porridge with dried bean milk cream in tight rolls, pork bones, fish, and dried scallop tastes fresh and fragrant. It can also be made into different porridge with meat ingredients. The rice porridge with the plant's roots, stems, flowers, leaves, and fruits usually tastes sweet and is effective for curing certain diseases.

5. Dessert. Most of the desserts are made of eggs and milk, in addition to plant's roots, stems, stalks, flowers, fruits, and nuts. Famous desserts include sweetened egg, double-shelled milk, sesame paste, sweetened red-bean paste, fried papaya, soup with lotus seeds, and sweetened kelp. They are not only nutritious but also have medicinal effects. For example, the soup with lotus seeds can strengthen spleen; the sweetened kelp can clear summer heat, and the fried papaya can moisten dryness. These desserts are ideal food for residents in Guangdong, which has longer, hot summer.

6. Others. Other snacks are cheap and various in style. They include the stir-fried river snails, the marinated beef entrails, the soup with pork bean blood, the sweet and sour pig trotter with ginger, the soup with beef and sheep entrails, and the

sour and hot leaf mustard. Some of them are fresh and delicious, and sweet and sour, others are hot and spicy, and fragrant and highly seasoned.

New Schools

With the increasing demands for food, new cooking schools have come into being in Guangdong. On the one hand, they still retain the traditional best, such as wide and fine selection of ingredients, quality cooking techniques, and emphasis on freshness and tenderness. On the other hand, they draw the essence from other famous cooking schools in China and

Western cooking styles in the selection of ingredients, condiments, cooking techniques. The combination of the traditional Cantonese, modern Western and other schools have undoubtedly satisfy the needs of modern diners, and will certainly promote the reform and development of Guangdong cuisine.

In this book, we will discuss in details from the ingredients and cooking methods to the amount of fire and the characteristics of the 60 dishes of the most representative canturese dishes.

· 作者简介 ·



田秋明:1980年毕业于北京旅游学校,同年到北京长城饭店任厨师;1986年,被派往江苏省扬州市商业学校学习;1990年8月,被派往印度马德拉斯喜来登饭店工作,任厨师长;1993年8月,再次被派往印度孟买喜来登饭店,任厨师长;1995年,应澳大利亚喜来登饭店管理集团和澳大利亚猪肉公司邀请在澳大利亚六大城市及喜来登酒店作巡回表演,开办中国食品节;1994年初至1996年初,任北京长城饭店中厨厨师长;1996年,被长城饭店派往银泉大厦任行政主厨至今。

Tian Qiuming, graduated from Beijing-Tourism School in 1980. He joined the Great Wall Sheraton Hotel Beijing in 1980 and is still there. During this period, he studied in Yang Zhou Business School(Jiang Su Province) in 1986, worked as chef in India Sheraton Hotels in August 1993. He hold the Chinese Food Festival in six cities around Australia in 1995, and was assigned as Executive Chef of Beijing Silver Spring Tower, which is managed by the Great Wall Sheraton Hotel Beijing from 1996 till now.



陈涛:现年20岁,北京电影学院二年级学生。

自幼喜好摄影,中小学期间曾多次参加国内外和北京市的摄影比赛,其作品曾荣获过金奖、银奖,一些作品曾在国内报刊杂志上发表过。95年9月考入北京电影学院广告摄影系学习。这是他和刁孟奇老师的第一部处女摄影作品。

Chen Tao, 20 years old, is presently a sophomore of Beijing Movie Institute. Photo shooting is his hobby since childhood. He Participated in many national Photographic competitions when he was in primary and high schools and already published some of his works. In Semptember 1995, he was matriculated into Beijing Movie Institute. This book is the first of his Publication.